

USOE Fine Arts Rainbow Chart

First - Page 1		Moving		Investigating		Creating	Contextualizing
Previously Mastered <i>Grade Level Skills</i>	Elements of Dance with Definitions	Experience/ Identify	Explore/ Contextualize	Apply/ Build Skills	Analyze/ Integrate	Research/ Create	Refine/ Contribute
Knowledge of body Basic locomotor and axial movement skills Listen to signals and respond to movement directions	BODY / MIND The body is the instrument of dance. Warm-up: A series of exercises/movement to ready mind, body Locomotor steps: Steps that travel through space	Warm-up* Body parts Conditioning principles • Strength • Flexibility • Stability • Endurance	Explore the joy of moving the body. Warm the body for movement. Identify and move body parts. Listen to signals and respond to movement directions.	Perform a silent mirroring warm-up designed to increase strength and flexibility.	Practice leading and following a mirroring sequence with a partner. video	Create mirroring dance with a partner.	Perform a partner mirroring warm-up.
	Axial movement: Movement that revolves around the axis and is performed in place	Skills* Axial movement Locomotor steps	Identify, define, and explore the basic axial movements (turn, bend, stretch, reach, twist) and locomotor steps (walk, run, gallop, jump, hop, slide, skip).	Practice and perform the basic axial and locomotor steps. Combine and perform a short memorized sequence.	Use locomotor steps and axial movements with prepositions (near, far, over, under, through, etc.) video	Create a movement sequence based on prepositions (near, far, over, under, between, around).	Perform dances for peers using dance terminology to perceive and reflect.
Steady beat Tempo	TIME Defines when one moves Duration (short/long):	Beat, tempo*	Clap then move to a steady beat with varying tempos.	Investigate moving to different tempos.	Practice moving to different tempos. video	Create a movement sequence with varying tempos.	Perform tempo sequences for peers. Perceive and reflect.
Simple rhythms Call and response	Length of movement Tempo (fast/slow): Speed of movement Metric rhythm: Grouping of beats in recurring pattern Call and response: A choreographic form in which one soloist or group performs, with the second soloist or group entering in response to the first	Rhythm*	Clap then move to simple rhythms in call and response. video	Investigate clapping then moving in simple rhythms to call and response.	Move to simple rhythms with call and response to changing tempos.	Create a call and response dance. video	Perform call and response dances. Perceive and reflect.
Range of movement, shape, levels, direction, symmetry and asymmetry	SPACE Defines where one moves Shape: The form of the body. Levels (low/medium/high):	Shape*	Explore changing the shape of the body (e.g. level, direction, symmetry, asymmetry).	Investigate shaping with a partner using spatial relationships of over, under, above, around, through, below, inside, and outside. video	Improvise a shape sequence with a partner using spatial relationships.	Create a shape dance with a partner.	Perform shape dances. Perceive and reflect.

First - Page 2		Moving		Investigating		Creating	Contextualizing
Previously Mastered Grade Level Skills	Elements of Dance with Definitions	Experience/ Identify	Explore/ Contextualize	Apply/ Build Skills	Analyze/ Integrate	Research/ Create	Refine/ Contribute
Moving in place and through space, pathways	Direction: Forward, backwards sideward, up, down up Size: The continuum from small to large Pathways: Patterns or designs created on the floor or in the air Asymmetry: Uneven, irregular design Relationships: The body's position relative to something or someone	Moving through space*	Explore pathways (straight, curved, and zigzag). video	Combine pathways with various locomotor steps.	Improvise a sequence of pathways using several locomotor steps.	Create a pathway dance using various locomotor steps. video	Perform pathway dances. Perceive and reflect.
Performing and sequencing qualities of motion	ENERGY Defines how one moves Qualities of motion: Characteristics of a movement Dynamics: The degree of energy, intensity, or power in the execution of movements	Qualities*	In unique ways explore qualities of movement (explode, vibrate and collapse). video	Practice and refine qualities of movement.	Identify one quality of movement and improvise a short movement phrase.	Create a sequence based on one quality of movement.	Perform the quality dances. Perceive and reflect.
Primary awareness of self in the world Artistic/creating skills: Creativity, imagination, audience skills Compositional structures: Beginning, middle, end; individual, partner; call and response Performance skills: Focus, concentration, kinesthetic, visual, auditory skills increased Life skills: Cooperation, respect following directions, engagement in learning, self-efficacy, turn taking	CULTURAL Individual and family	Folk tales*	Learn about folk tales from an authentic culture.	Learn a folk tale from a culture.	Explore the movement potential found in the words, illustrations, or ideas in the folk tale. video	Create a dance about the folk tale.	Perform a dance about the folk tale. Perceive and reflect.